

PARKS & GREEN SPACE

Known for its green spaces, lush landscapes and natural waterways, Burnaby offers a variety of exciting and interesting recreational opportunities. From hiking, trekking and boating to crabbing on a sandy beach (and much more) – Burnaby has it all.

Barnet Marine Park

Located on the spectacular Burrard Inlet, Barnet Marine Park is a favourite of beach-goers and water-lovers. Take a swim in the ocean, explore the shoreline or just bask in the sun. Adventurous types can launch canoes, kayaks or sailing dinghys from the shore – or try your luck at crabbing! Just across the water, large freighters are at work and pleasure crafts navigate the choppy waters. A mill town at the turn of the century, this park still has remnants of its early days. The remains of the mill's scrap burner juts out into the water, resembling a small castle. In mid-December, join the crowd of merry-makers gathered at the Marine Park to watch the flotilla of Christmas Carol Ships sail by.

Burnaby Fraser Foreshore Park

This picturesque riverside park provides a wonderful opportunity to experience and explore the mighty Fraser River. Take a jog, a walk or a leisurely stroll along the scenic shoreline trail – but just make sure to take a break on one of the log benches to enjoy a view of the interesting marine traffic on this bustling waterway.

Burnaby Lake Regional Park

Located in the heart of the city, Burnaby Lake Regional Park is a stunning wildlife sanctuary. The lake was created by a glacier some 12,000 years ago, and the park is now an ideal spot for birdwatchers interested in spotting blue herons, bald eagles, belted kingfishers and osprey – and even more rare birds, such as the green-backed heron. There's even a viewing tower providing a bird's eye view for spotting wildlife. A canoe around the lake offers a rare, close-up view of busy beavers, diving ducks and turtles feeding in the marsh. The park's north shore includes Warner Loat Park and the Nature House, which offers interpretive nature classes and displays on summer weekends. On the south shore, visit the Wildlife Rescue facility that houses a wildlife habitat garden.

For more information on Burnaby Lake Regional Park, call (604) 520-6442.

Burnaby Mountain Park

The mountain, water and city views from this 1,423-acre park make this a must-see destination for locals and visitors. The lush-green hillside offers the perfect place to throw around a Frisbee or fly a kite. Or enjoy a hike, walk or jog on the park's network of leafy trails. The park also includes a deciduous/coniferous forest and diverse wildlife – such as blacktail deer, bald eagles and many perching birds – and creeks that provide fish and wildlife habitats. The park area, with its many trails, presents untold opportunities for outdoor recreation, nature interpretation and education in Burnaby.

Towering over the distant city are the tall Kamui Mintara (**Playground of the Gods**) sculptures. The Playground of the Gods sculptures comprise more than a dozen carved poles created by Japanese artists Nuburi Toko and his son, Shusei.

Centennial Rose Garden at Burnaby Mountain

Take some time to stop and smell the roses at the Centennial Rose Garden – featuring more than 900 bushes of modern Hybrid Teas and Floribundas that perfume the air with their lovely scents. For those wanting to develop their green thumbs, free advice and practical demonstrations on rose culture are given every Saturday from 9:00 am to 12:00 noon.

Central Park

An urban forest of colossal douglas fir, western hemlock, poplar and maple, Central Park is similar to the magnificent rainforests that once dominated North America's west coast. Located just minutes from Metropolis at Metrotown (BC's largest shopping centre), this wooded oasis offers a retreat from the hustle and bustle of city life. This century-old park features two ponds, home to geese and ducks, and the beautiful Earl and Jennie Lohn Perennial Garden. With numerous paths surrounding this 222-acres (90 hectares) of green space, Central Park has become a popular place for many outdoor recreational activities – including tennis, jogging, pitch-and-putt, cycling and picnicking.

Century Gardens at Deer Lake Park

With hundreds of rhododendrons bursting in bloom every spring, you won't want to miss a visit to the Century Gardens at Deer Lake Park. Enjoy the aromatic bouquet as you stroll amid the horticultural beauty that the region is so famous for – including the renowned Rhododendron display, Burnaby's official flower. Located beside the Ceperley House, a heritage landmark building, Century Gardens is a must-see for everyone who appreciates the best of floral splendour.

Confederation Park

With its outstanding recreational facilities and untouched wilderness, Confederation Park offers the best of both worlds. Enjoy activities such as lawn bowling, bocce ball, tennis, baseball, soccer, lacrosse, skateboarding and track running. Or take a ride on the model steam railway, which operates on weekends during the summer. For an authentic nature experience, retreat to the park's untouched north side – left in its natural state with the 1.3 kilometre Penzance Trail that meanders through dense forest and offers a stunning view of the Burrard Inlet.

Deer Lake Park

Deer Lake Park offers a peaceful natural environment in the heart of the city. Enjoy the meandering trails around the lake and through unique meadows and woodlands. In the summertime, locals and visitors alike rent boats to enjoy the calm waters – or launch their own canoes, sailboats or rowboats on the lake. Others simply bring a book, and enjoy a lazy day of sunbathing on the beach at the lake's east end. Opportunities also abound for bird-watching and wildlife-viewing in the lake, forest, meadow and marsh areas. Whether you're interested in relaxing in the sun, hiking a trail, rowing a boat or watching nature's animals – Deer Lake Park has something for every age and interest.

Deer Lake Park - Boat Rentals

Deer Lake Boat Rentals is a family friendly operation that rents canoes, kayaks, pedal boats, and rowboats on Deer Lake – which is home to some of the region's most extraordinary wildlife. Take a paddle around the lake, and you might just spot some blue herons, beavers, turtles, Canadian geese, ducks, rainbow trout and eagles.

www.deerlakeboatrentals.com

Robert Burnaby Park

Situated about a mile (1.5 km) east of Deer Lake, Robert Burnaby Park offers a peaceful setting of majestic hemlock, cedar and Douglas fir trees. This large park is known for its wooded ravine and forest trails, which are laid out on scenic hillsides and meander through lush ravines and into open meadows. Walkers, joggers and nature lovers especially enjoy the park's calm and quiet surroundings.